Your Brain and Music

In 2014 Anita Collins worked with the creative team at TED Ed Lessons Worth Sharing to create a short film titled "How playing an instrument benefits your brain." Through neuroscientific research, this film presents the benefits of music education on brain development and examines what happens to students who play a musical instrument.

"When you listen to music, multiple areas of your brain become engaged and active. But when you actually play an instrument, that activity becomes more like a full-body brain workout. What's going on? Anita Collins explains the fireworks that go off in musicians' brains when they play, and examines some of the long-term positive effects of this mental workout."
- TED-Ed lesson worth sharing

How Playing an Instrument Benefits Your Brain

Watch Anita Collins explain the question, "What if every child had access to music education from birth?"
To learn more about Dr. Anita Collins and her research visit
http://www.anitacollinsmusic.com/

To learn more about Sharon Colman Graham and her animation visit
http://www.sharoncolman.com/